

USE OF THE HEMI-SYNC® CONCENTRATION TAPE WITH DEPRESSIVE SYNDROME

by Regis Louis, MD

Regis Louis is a psychiatrist in private practice in Melun, France, fifty kilometers south of Paris. In his practice, relaxation techniques, hypnosis, and neurolinguistic programming (NLP) are used. He also has an interest in Transpersonal Psychology and is a member of the American Association of Transpersonal Psychology and the International Association for Near Death Studies (IANDS). The following account describes his use of the MIND FOOD Concentration tape to relieve some symptoms of depression.

The purpose of this study was to investigate any effects of the Hemi-Sync® *Concentration* tape on patients with depressive syndrome, especially those with memory difficulties and who lack concentration due to depression.

Seven neurotic patients, each with a major depressive syndrome, as defined by DSM III classification, were included. Each had suffered from depressive disorder for at least three months, and one had chronic disorder for two years. All patients were past the acute period of depression. I feel that during the acute period Hemi-Sync wouldn't be effective. Of the seven patients between the ages of twenty-six and fifty-four, there were four females and three males. Five were engaged in professional activities; two were disabled. Two patients were self-educated, three had high school level educations, and two were educated at the graduate level. Two lived alone and five with family.

All study participants had problems with concentration, attention-to-task deficit, lack of short-term memory, and felt unable to perform mental tasks as well as they had previously. These problems did not seem to be linked to medication. They were present whether or not the patients were taking medication.

The *Concentration* tape was given to all patients, with the instruction to listen to it at least once each day during an activity which required attention, or during a period of study or other cognitive work. The patients were asked to report their feelings: better concentration, negative effects if any, or other responses. Results were collected during consultations over a three-month period.

RESULTS

No negative effects were reported during or after listening to the tape. Response was always positive; the patients seemed to love this new approach to treating their problems. Two

patients reported improvement of their ability to concentrate during test preparation and other cognitive tasks. They reported better short-term memory, greater interest in their study, and an ability to sustain attention for longer periods than was previously possible. Two other patients described a little improvement, very variable with time and circumstances. The other three patients didn't report any improvement or any negative effect.

CONCLUSIONS

Due to the small number of patients participating in this study and the short period (three months) of the study, no conclusions were drawn regarding the effect of Hemi-Sync on depressive syndrome. However, results indicate that the *Concentration* tape can be significant in alleviating symptoms of attention and memory deficit. Hemi-Sync may be helpful in the depressive disorders, after the acute period treatment. Our task now is to define the indicators which could predict accurate results from a larger sample. It seems that the more the patient is involved in a task which requires focused attention, the better the result.

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